HEALTH MAPS.

GROUP 2.

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A COMPLETE SERIES OF

PRESCRIBED EXERCISES OF THE BODY

FOR

DAILY USE.

FOR MAINTAINING THE HEALTH IN A STATE OF INTEGRITY, FOR CORRECTING ANY TENDENCIES TO FUNCTIONAL IRREGULARITY, AND FOR RESISTING THE ENCROACHMENTS OF DISEASE.

By ANNA LEFFLER ARNIM,

Author of "A Complete Course of Wrist and Finger Gymnastics for Students of the Piano, Violin, etc."; "The Cure and Prevention of Spinal Curvature"; "Curative Movements" (a Short Outline of Ling's System of Applied Movement), etc. etc.

GROUP II.

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INTRODUCTION.

THE following series of "Health Maps" is offered to those who are desirous and willing, by the use of some very simple measures, to keep well and in a fit state to perform their duties efficiently.

There is an intermediate state of health, which is far more common than is supposed, and which may best be designated by the term "negative health." It is a condition in which one can neither lay claim to being actually ill, nor assert with truth that one is "quite well." This intermediate state varies, sometimes ascending and often descending, but remains negative still.

We may know when this state of negative health creeps upon us as soon as we become aware *that we possess a body*. We shall forget all about it when we are well. The body must be our slave, and a ready one, to perform the dictates of our *will;* and we should take all reasonable means to prevent ourselves from becoming the slave of our body. Feed it judiciously and suitably,*

* Read Sir Henry Thompson's pamphlet on Diet.

supply it with air, water, and exercise, and the human machinery will work smoothly and give us no trouble.

It is to minimize the chances of breakdowns, to keep at bay this negative and perpetuate the positive state of health, that is the object of the Health Maps.

By the daily use, for some fifteen minutes, of certain of the Exercises here set forth, the circulation and the organic functions will be maintained in a state of integrity which will be largely instrumental in resisting the encroachments of disease. The regulation of the circulation is a matter of the first importance; and we do not fear contradiction when we assert that nine-tenths of the cases of chronic illness which exist, are due primarily to imperfect circulation, and would have been preventible by proper care in this respect at the very early stages of their development.

The aim of the Health Maps is not curative but preventive. Yet inasmuch as many persons who are not ill are conscious of some tendency to weakness or deficient action of some particular organ, due either to habits of occupation or hereditary predisposition, we have divided the series into five Groups, wherein these particular tendencies are especially dealt with.

Hence, in Group II. of the series attention is directed to the Liver and Spleen, in addition to General Exercises.

Group III. to weak Lungs.

Group IV. is recommended to persons of an imperfect, slow Digestion, and its attendant ills.

Group V. is arranged for the use of those suffering from excessive and chronic Coldness of the Extremities; whilst Group I. treats of General Exercises, without particularizing any organ or member, but devoting equal consideration to all parts of the body.

The Exercises have been well tested, and have been found of the utmost use. They should be calmly and steadily persevered in; not practised with a superabundance of energy on one day, and neglected the next. Regularity is conducive to permanently good results, and it is better to practise for only ten minutes regularly than for thirty capriciously.

The rules laid down at the beginning of each Group for the guidance of the pupil should be attentively observed, for all superfluity of language is avoided. We would also direct the reader's attention to the explanations which accompany

each sketch, especially with regard to the spot upon which the action of the movement should be felt. This will greatly assist him in determining whether he is performing the Exercise correctly or not.

The Exercises are carefully portrayed, and arranged to form a double folding screen, which may be opened and stood upon the table in full view of the pupil, enabling him to perform the Exercise with the sketch before him, and obviating the necessity of constantly desisting to refer to a book.

Each sketch is accompanied by a description of the Exercise, and an explanation as to the manner of carrying it out, and the spot upon which the action of the Exercise should be felt.

Persons engaged in bending or stooping much will find the spinal flexions, either in standing or sitting posture, useful (Group I., Fig. 9), also arm down-pulling (Group III., Fig. 7).

Those much engaged in standing or walking—such as dentists, shop-servers, shop-walkers, etc., etc.—should use especially the foot rotations (Fig. 2, Group V.), foot flexions (Group V., Fig. $2\frac{1}{2}$), and knee rotations (Group V., Fig. 11). These will increase the circulation in the veins, the overfilling of which cause weight and inconvenience in the feet and legs.

For persons sitting closely at needlework, with head bent over their work and shoulders rounded, the chest-expanding Exercises (Group III., Fig. 7; Group III., Fig. 22) and the head bending (Group III., Fig. 9) will be found useful. Indeed, to some persons thus closely engaged at the needle for many hours consecutively, we have recommended occasionally standing up during the day, drawing the figure to its full height, and performing the arm down-pulling Exercise (Fig. 7, Group III.). It can then be done without moving from the spot, and merely requires the pupil to stand up for less than one minute. It has been found a great relief from the continued stooping, and prevents that bent, crumpled look of the figure which continued stooping soon produces.

Persons having a regard for the beauty of their figures should use the rotations of the body freely both night and morning (Fig. 5, Group II.), also the spine flexions (Fig. 9, Group I.). The first, besides maintaining the integrity of liver and spleen, assists in dispersing superfluous adipose tissue round the waist. The lateral flexions of the body, too (Fig. 10, Group II.), will strengthen the muscles about the waist, and assist in keeping the figure erect and pliant.

Persons much engaged in close, confined rooms should take every opportunity

of practising the deep breathings shown in Group III. This is done to best advantage in the open air, or in a room where the window is open.

Those who are unable to perform the Exercises owing to extreme weakness (after illness, during convalescence), should visit a Curative Gymnasium for a few weeks, in order that the movements may be *applied to* them; after which they may continue them for themselves. In instances of a similar kind, a set of exercises such as are now presented to the reader, have been taught to the pupil by the aid of which the health has been maintained in a most satisfactory condition.

One word more with respect to the assertion that fifteen minutes' practice is sufficent for daily use. Whilst the Exercises are being learnt (for the pupil will be clumsy at them at first), he should try and devote a little longer, say twenty or twenty-five minutes, to them: but when he is master of them and can do them efficiently, fifteen minutes will suffice. If he cannot go through a whole Group in that time, he may divide them into parts, which he can perform on alternate days.

GROUP II.

LIVER, SPLEEN, Etc.

Exercises for Promoting Circulation in the Liver and Spleen, Removing and Preventing Congestion, for Strengthening the Kidneys, and for Removing Superfluous Adipose Tissue from the region of the Waist.

The same movements will be found of great use in producing a supple and elegant figure.

RULES FOR PRACTISING THE EXERCISES IN GROUP II.

1. The indication of the part upon which a movement is *felt* does not signify the part alone upon which it *acts*. Our remark is meant more as a guide for the pupil, to convince himself that he is using the proper muscles in the performance of the exercise.

2. It will enhance the effects of the exercises if the pupil, during the intervals (having waited till he is no longer out of breath), takes small sips of cold water.

3. An interval of at least two minutes is allowed between each movement, excepting where otherwise stated.

4. The pupil will not need to perform the whole set of movements at first. He will do well to confine himself to the rotations and lateral bendings in sitting posture first, especially if the liver or spleen be at all full and heavy. He must

also modify the movement (by lessening the diameter of the circle), if he experiences any discomfort or undue tension of a part.

5. The standing lateral bendings and rotations of the body are of more powerful effect than the sitting ones, and those performed with one or two arms raised are proportionately more powerful than the simple standing rotations.

6. The pupil must therefore resort to the latter gradually, and in proportion as he finds himself growing proficient in the simple movements.

7. Most particular attention must be paid to the *position* given during the performance of a movement, as its efficacy will depend greatly upon the strict observance of this.

8. A slight pressure, alternated by a grasping motion of the thumb and fingers, applied in the region above the hip-bone and under the floating ribs, during the rotations and lateral bendings (and on that side which is for the time being in a relaxed condition), will be found conducive to the good effect of the movement.

9. When the liver has ceased to be in a sensitive or congested condition, the action of the rotations of the body may be intensified by stretching the right arm

upwards (keeping the other on the hip) during three or four rotations, and then changing arms. The palm of the hand should be turned inwards, opposite (but of course higher than) the head; later still, *both* arms may be raised, but the exercise must invariably be immediately followed by No. 4.

10. Fig. 9 is depicted here as though the pupil placed the hands upon the hips during the exercise. It was found almost impossible to give an adequate conception of the exercise with the addition of a chair in front; so it has been considered wiser to make this explanation, which it is hoped every pupil will understand before performing this very useful exercise.

11. In Fig. 9 the pupil should never descend lower than the point where the back of the thigh and the calf of the raised leg approach closely.

Fig. 1.

No. 1.

This figure represents the position from which all the standing movements are carried out. Any alteration of position will be signified previously to the explanations given in reference to the movements. It is termed Ground Position.

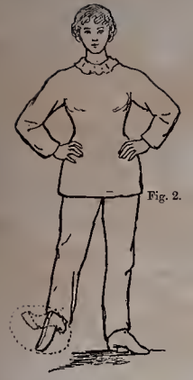

Fig. 2.

No. 2.

Pupil must stand in ground position, with hands on the hips, and extend the *right* leg, stretching it *well* (as though desirous of making it an inch longer) down to the ankle. Whilst in this position, *rotate* the foot three times from right to left, three times *vice versâ*.

Reverse legs. Repeat.

Confine movement to the ankle.

This exercise to be felt on front of thigh and round the ankle.

Fig. 3.

No. 3.

Pupil is seated upon a stool or chair, rather lower than the height of his knee from the ground. The feet and knees are kept apart (see Fig. 3), and the hands are placed on the hips. Pupil must be perfectly upright from the waist upwards.

The body is then *bent* from the waist, first on one side, then on the other, so that the muscles above the hip-bone are alternately stretched and relaxed. The pupil may bend as low down as he conveniently can *without* moving the feet or any other muscles, except those under the hand. To be repeated six or eight times.

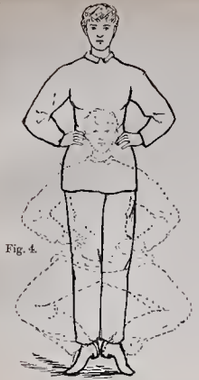

Fig. 4.

No. 4.

Ground Position, Hands on Hips.

Stand on tip-toe, keeping heels well together; whilst thus, proceed to descend slowly by bending the knees, keeping the upper part of the body perfectly immovable.

Having descended as in Fig. 4, proceed to ascend in the same manner.

This must be repeated three times. Remain on tip-toe between the bendings, and stretch the legs well before descending again.

Action to be felt on front of thighs, just above the knees, and in the calf of leg.

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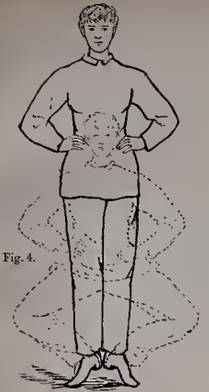


Fig. 4.

No. 4.

Ground Position, Hands on Hips.

Stand on tip-toe, keeping heels well together; whilst thus, proceed to descend slowly by bending the knees, keeping the upper part of the body perfectly immovable.

Having descended as in Fig. 4, proceed to ascend in the same manner.

This must be repeated three times. Remain on tip-toe between the bendings, and stretch the legs well before descending again.

Action to be felt on front of thighs, just above the knees, and in the calf of leg.

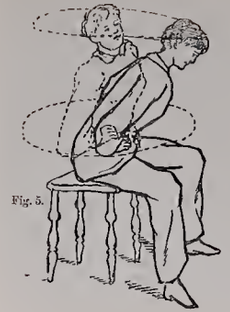


Fig. 5.

No. 5.

Pupil is seated as in Fig. 5, with the hands on the hips, and with his body commences to describe a circle. In this manner the muscles of the abdomen, the diaphragm, those of the hypochondria, and the lower dorsal and upper lumbar region, become alternately relaxed and stretched in a manner which will be easily evident to the pupil. The rotations should be done six times from left to right, and six times from right to left.

Action of the movement is felt in the abdominal muscles, those of the hypochondria, and in the muscles of the lower part of back and back of waist.

Fig. 6.

No. 6.

The pupil stands upon a stool or flat-bottomed chair, holding on to a door, or shelf, or wardrobe, with both hands, raising the elbows to the height of the shoulders. He then commences slowly to raise the right leg, as in Fig. 6, until the knee is on a level with the hip-bone. The pupil in this must imagine he is receiving some *resistance* against raising the foot, and he will then perform the exercise with the correct muscles, which are those of the front of thigh, thus constituting the movement more of a pulling up than a raising one. The upper part of the body must remain in the position it was in at the commencement of the movement.

To be repeated three times with each leg.

Action to be felt along the muscles on *front* of thigh, and over liver with right leg; over the spleen with left leg.

Fig. 7.

No. 7.

Pupil is in ground position, with the hands by his sides. He first doubles the arms and brings the fists in close contact with the shoulders; from this position he raises, or rather flings, the arms upwards, taking care to stretch them *well*, not only from the shoulder, but from the hip upwards (as though he desired to send his arms through the ceiling); this he repeats * four or six times.

Action to be felt all down the muscles of the arm, and down the sides of the body.

To be followed immediately by No. 4.

* The palms of hands to face each other.

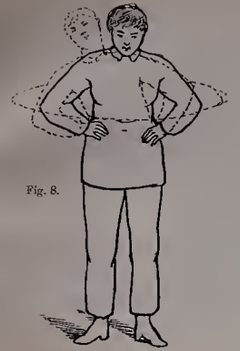


Fig. 8.

No. 8.*

The pupil stands with the feet slightly apart, and hands on hips, stretching the legs well up to the hip-bone. He then commences to describe a circle with the upper part of his body, taking care to maintain the immovable position of the legs. This is to be repeated six times from left to right, and six times from right to left.

Action to be felt in both hypochondria, in the muscles of the abdomen, and lower part of spine.

The circle to be made as large as possible consistent with the fixed position of the legs.

* See Rule 4.

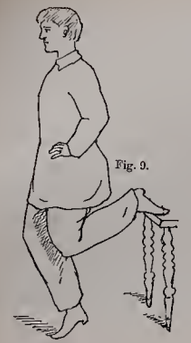


Fig. 9.

No. 9.*

The pupil places a chair behind him, and one with its back in front. He places his fingers lightly upon the chair-back in front, and rests the toes of the *left* foot upon the edge of the seat behind him. The right foot is on tip-toe and turned outwards (as in ground position). From this point the pupil bends the knees as in Fig. 9, repeating the descent and ascent three times. Reverse legs.

Action felt in the thighs and calves. The upper part of body must be *kept upright*.

* See Rules 10 and 11.

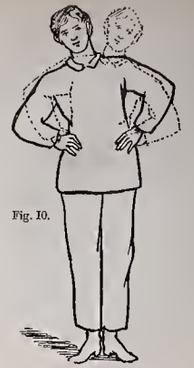


Fig. 10.

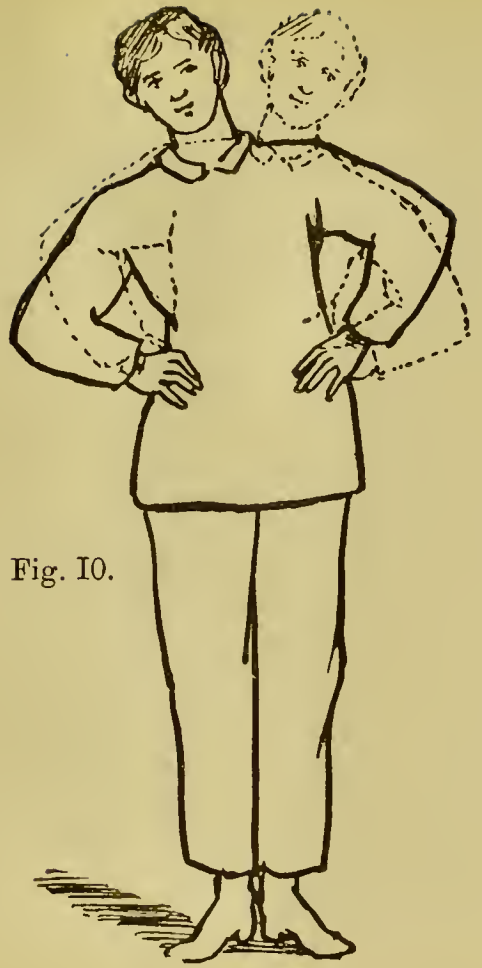
No. 10.*

The pupil stands in ground position, with hands on hips, keeping the legs fixed firmly up to the hip-bone. Placing the hand firmly upon the hips so that the outer, or little finger part of the palm, rests on the hip-bone, and the inner or thumb and first finger part press lightly but firmly into the muscles of the waist, the pupil commences to *bend* first from right to left, then *vice versâ*. Upon the side of the body which is at the time bent over, the pupil may perform a slight pressure and grasping motion with the fingers and thumb, to assist in removing congestion and promote circulation in the liver and spleen.

To be immediately followed by No. 4.

Action to be felt in both hypochondria.

* See Rule 4.



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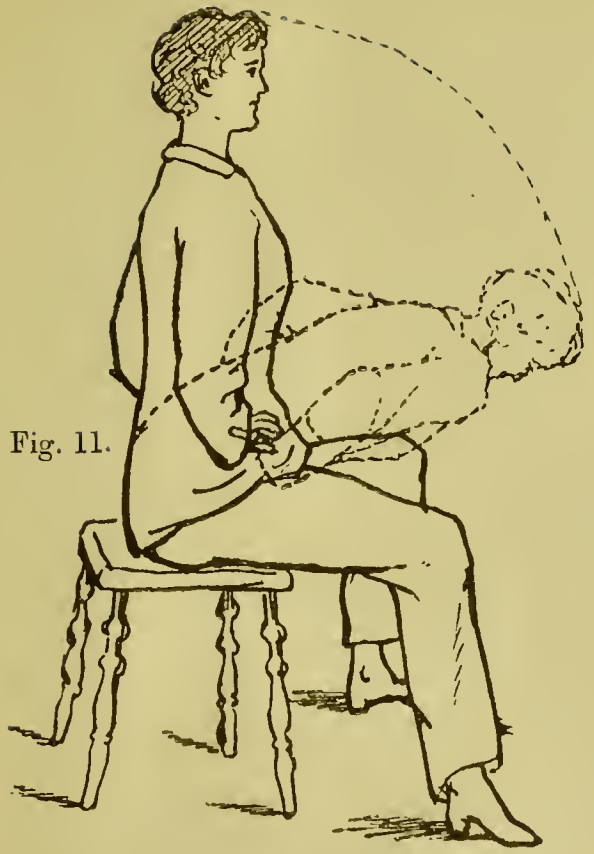

Fig. 11.

No. 11.

Pupil is seated on a stool or end of couch with the knees apart. He then bends the body quite forward, Fig. 11. Remaining thus for three seconds, he raises the body, arching the waist inwards. Repeat three times.

To be felt at the back of waist and in all the lumbar muscles.